



WHI Follow-Up Dataset  
**Form 145 - OS Questionnaire Year 5**

**Data File:** f145\_av5\_os\_pub      **File Date:** 08/01/2007      **Structure:** One row per participant      **Population:** OS participants

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**Participant ID**

<b>Variable #</b>	1	<b>Usage Notes:</b>	none
<b>Sas Name:</b>	ID	<b>Categories:</b>	Study: Administration
<b>Sas Label:</b>	Participant ID		
<b>Type:</b>	Continuous		

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**F145 Days since enrollment**

<b>Variable #</b>	2	<b>Usage Notes:</b>	none
<b>Sas Name:</b>	F145DAYS	<b>Categories:</b>	Study: Administration
<b>Sas Label:</b>	F145 Days since enrollment		
<b>Type:</b>	Continuous		

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**F145 Current weight lbs**

What is your current weight?

<b>Variable #</b>	3	<b>Usage Notes:</b>	none
<b>Sas Name:</b>	WTCUR_5	<b>Categories:</b>	Medical History: Height/Weight History Physical Measurements: Height/Weight History
<b>Sas Label:</b>	Current weight lbs		
<b>Type:</b>	Continuous		

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**F145 Highest weight in past year (lbs)**

In the past year, what was your highest weight?

<b>Variable #</b>	4	<b>Usage Notes:</b>	none
<b>Sas Name:</b>	WTMAX_5	<b>Categories:</b>	Medical History: Height/Weight History Physical Measurements: Height/Weight History
<b>Sas Label:</b>	Highest weight in past year		
<b>Type:</b>	Continuous		

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**F145 Lowest weight in past year (lbs)**

In the past year, what was your lowest weight?

<b>Variable #</b>	5	<b>Usage Notes:</b>	none
<b>Sas Name:</b>	WTMIN_5	<b>Categories:</b>	Medical History: Height/Weight History Physical Measurements: Height/Weight History
<b>Sas Label:</b>	Lowest weight in past year		
<b>Type:</b>	Continuous		

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**F145 Walk more than 10 minutes**

Think about the walking you do outside the home. How often do you walk outside the home for more than 10 minutes without stopping? (Mark only one.)

**Variable #** 6

**Sas Name:** WALKSWK\_5

**Sas Label:** Walk more than 10 minutes

**Type:** Categorical

**Usage Notes:** none

**Categories:** Physical Activity

Values	
0	Rarely or never
1	1-3 times each month
2	1 time each week
3	2-3 times each week
4	4-6 times each week
5	7 or more times each week

---

**F145 How many minutes walking**

When you walk outside the home for more than 10 minutes without stopping, for how many minutes do you usually walk?

**Variable #** 7

**Sas Name:** MINSWALK\_5

**Sas Label:** How many minutes walking

**Type:** Categorical

**Usage Notes:** Sub-question of F145 V1 Q4 "Walk more than 10 minutes".

**Categories:** Physical Activity

Values	
1	Less than 20 min
2	20-39 min
3	40-59 min
4	1 hour or more

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**F145 Usual walking speed**

What is your usual speed?

**Variable #** 8

**Sas Name:** WALKSPD\_5

**Sas Label:** Usual walking speed

**Type:** Categorical

**Usage Notes:** Sub-question of F145 V1 Q4 "Walk more than 10 minutes".

**Categories:** Physical Activity

Values	
2	Casual strolling
3	Average or normal
4	Fairly fast
5	Very fast
9	Don't know

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**F145 Strenuous exercise**

STRENUOUS OR VERY HARD EXERCISE (You work up a sweat and your heart beats fast). For example, aerobics, aerobic dancing, jogging, tennis, swimming laps.

**Variable #** 9**Usage Notes:** none**Sas Name:** HDEXFREQ\_5**Categories:** Physical Activity**Sas Label:** Strenuous exercise**Type:** Categorical**Values**

0	None
1	1 day per week
2	2 days per week
3	3 days per week
4	4 days per week
5	5 or more days per week

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**F145 Strenuous/how long**

How long do you usually exercise like this at one time?

**Variable #** 10**Usage Notes:** Sub-question of F145 V1 Q5.1 "Strenuous exercise".**Sas Name:** HARDMINS\_5**Categories:** Physical Activity**Sas Label:** Strenuous/how long**Type:** Categorical**Values**

1	Less than 20 min
2	20-39 min
3	40-59 min
4	1 hour or more

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**F145 Moderate exercise**

MODERATE EXERCISE (Not exhausting). For example, biking outdoors, use of an exercise machine (like a stationary bike or treadmill), calisthenics, easy swimming, popular and folk dancing.

**Variable #** 11**Usage Notes:** none**Sas Name:** MDEXFREQ\_5**Categories:** Physical Activity**Sas Label:** Moderate exercise**Type:** Categorical**Values**

0	None
1	1 day per week
2	2 days per week
3	3 days per week
4	4 days per week
5	5 or more days per week

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**F145 Moderate/how long**

How long do usually exercise like this at one time?

**Variable #** 12

**Sas Name:** MODMINS\_5

**Sas Label:** Moderate/how long

**Type:** Categorical

**Usage Notes:** Sub-question of F145 V1 Q5.3 "Moderate exercise".

**Categories:** Physical Activity

**Values**

1	Less than 20 min
2	20-39 min
3	40-59 min
4	1 hour or more

---

**F145 Mild exercise**

MILD EXERCISE. For example, slow dancing, bowling, golf.

**Variable #** 13

**Sas Name:** MLEXFREQ\_5

**Sas Label:** Mild exercise

**Type:** Categorical

**Usage Notes:** none

**Categories:** Physical Activity

**Values**

0	None
1	1 day per week
2	2 days per week
3	3 days per week
4	4 days per week
5	5 or more days per week

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**F145 Mild/how long**

How long do usually exercise like this at one time?

**Variable #** 14

**Sas Name:** MILDMINS\_5

**Sas Label:** Mild/how long

**Type:** Categorical

**Usage Notes:** Sub-question of F145 V1 Q5.5 "Mild exercise".

**Categories:** Physical Activity

**Values**

1	Less than 20 min
2	20-39 min
3	40-59 min
4	1 hour or more

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**F145 Smoke cigarettes now**

Do you smoke cigarettes now?

**Variable #** 15  
**Sas Name:** SMOKENW\_5  
**Sas Label:** Smoke cigarettes now  
**Type:** Categorical

**Usage Notes:** none  
**Categories:** Lifestyle: Smoking

Values

0	No
1	Yes

**F145 Cigarettes per day**

How many cigarettes do you usually smoke each day? (Mark one.)

**Variable #** 16  
**Sas Name:** CIGSDAY\_5  
**Sas Label:** Cigarettes per day  
**Type:** Categorical

**Usage Notes:** Sub-question of F145 V1 Q6 "Smoke cigarettes now".  
**Categories:** Lifestyle: Smoking

Values

1	Less than 5
2	5-14
3	15-24
4	25-34
5	35-44
6	45 or more

**F145 Sit in front of computer screen**

In the past four years, did you ever sit in front of a computer screen within three feet with the power turned "on" (for example, when writing letters)?

**Variable #** 17  
**Sas Name:** COMPUTER\_5  
**Sas Label:** Sit in front of computer screen  
**Type:** Categorical

**Usage Notes:** none  
**Categories:** Lifestyle

Values

0	No
1	Yes



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**F145 Days each week computer screen**

In the past four years, what was the average number of days each week that you sat in front of a computer screen with the power turned "on"? (Mark one.)

**Variable #** 18

**Sas Name:** COMPDYWK\_5

**Sas Label:** Days each week computer screen

**Type:** Categorical

**Usage Notes:** Sub-question of F145 V1 Q7 "Computer screen".

**Categories:** Lifestyle

Values	
0	Less than 1 day each week
1	1 day each week
2	2 days each week
3	3 days each week
4	4 days each week
5	5 or more days each week

**F145 Hours per day computer screen**

On the days that you used a computer, what was the average number of hours that you sat in front of a computer screen with the power turned "on"? (Mark one.)

**Variable #** 19

**Sas Name:** COMPHRDY\_5

**Sas Label:** Hours per day computer screen

**Type:** Categorical

**Usage Notes:** Sub-question of F145 V1 Q7 "Computer screen".  
Sub-question of F145 V1 Q7.1 "Days each week computer screen".

**Categories:** Lifestyle

Values	
1	Less than 1 hour each day
2	1-3 hours each day
3	4-6 hours each day
4	7 or more hours each day

**F145 I feel peaceful**

I feel peaceful.

**Variable #** 20

**Sas Name:** PEACEFUL\_5

**Sas Label:** I feel peaceful

**Type:** Categorical

**Usage Notes:** none

**Categories:** Psychosocial/Behavioral

Values	
0	Not at all
1	A little bit
2	Somewhat
3	Quite a bit
4	Very much



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**F145 I have a reason for living**

I have a reason for living.

**Variable #** 21  
**Sas Name:** REASLIVG\_5  
**Sas Label:** I have a reason for living  
**Type:** Categorical

**Usage Notes:** none  
**Categories:** Psychosocial/Behavioral

**Values**

0	Not at all
1	A little bit
2	Somewhat
3	Quite a bit
4	Very much

---

**F145 I feel purpose in my life**

I feel a sense of purpose in my life.

**Variable #** 22  
**Sas Name:** SENSPURP\_5  
**Sas Label:** I feel purpose in my life  
**Type:** Categorical

**Usage Notes:** none  
**Categories:** Psychosocial/Behavioral

**Values**

0	Not at all
1	A little bit
2	Somewhat
3	Quite a bit
4	Very much

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**F145 Able to reach down for comfort**

I am able to reach down deep into myself for comfort

**Variable #** 23  
**Sas Name:** DOWNDEEP\_5  
**Sas Label:** Able to reach down for comfort  
**Type:** Categorical

**Usage Notes:** none  
**Categories:** Psychosocial/Behavioral

**Values**

0	Not at all
1	A little bit
2	Somewhat
3	Quite a bit
4	Very much

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**F145 Sense of harmony**

I feel a sense of harmony within myself.

**Variable #** 24  
**Sas Name:** HARMONY\_5  
**Sas Label:** Sense of harmony  
**Type:** Categorical

**Usage Notes:** none  
**Categories:** Psychosocial/Behavioral

**Values**

0	Not at all
1	A little bit
2	Somewhat
3	Quite a bit
4	Very much

---

**F145 Comfort in my faith**

I find a comfort in my faith.

**Variable #** 25  
**Sas Name:** COMFAITH\_5  
**Sas Label:** Comfort in my faith  
**Type:** Categorical

**Usage Notes:** none  
**Categories:** Psychosocial/Behavioral

**Values**

0	Not at all
1	A little bit
2	Somewhat
3	Quite a bit
4	Very much

---

**F145 Strength in my faith**

I find strength in my faith.

**Variable #** 26  
**Sas Name:** STRFAITH\_5  
**Sas Label:** Strength in my faith  
**Type:** Categorical

**Usage Notes:** none  
**Categories:** Psychosocial/Behavioral

**Values**

0	Not at all
1	A little bit
2	Somewhat
3	Quite a bit
4	Very much

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**F145 Attend regular religious services**

In the past year, how often did you attend regular religious services?

**Variable #** 27

**Sas Name:** RELGSERV\_5

**Sas Label:** Attend regular religious services

**Type:** Categorical

**Usage Notes:** none

**Categories:** Psychosocial/Behavioral

Values

0	Never attended
1	Watched/listened onTV or radio
2	A few times per year
3	A few times per month
4	About once a week
5	More than once a week

**F145 Time in private religious activities**

In the past year, how often did you spend time in private religious activities such as prayer, meditation, bible reading, or reading religious literature?

**Variable #** 28

**Sas Name:** RELGPRIV\_5

**Sas Label:** Time in private religious activiti

**Type:** Categorical

**Usage Notes:** none

**Categories:** Psychosocial/Behavioral

Values

0	Never
1	A few times per year
2	A few times per month
3	About once per week
4	A few times per week
5	Every day

**F145 Alternative medical treatments**

In the past year, have you used a non-traditional or alternative medicine treatment or technique, such as herbal remedies, mental imagery, spiritual healing, acupressure, acupuncture, or homeopathy?

**Variable #** 29

**Sas Name:** NONTRDMD\_5

**Sas Label:** Alternative medical treatments

**Type:** Categorical

**Usage Notes:** none

**Categories:** Medications: Alternative

Values

0	No
1	Yes
9	Don't know



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**F145 Condition of mouth and teeth**

How would you describe the condition of your mouth and teeth?

**Variable #** 30

**Sas Name:** TEETHCND\_5

**Sas Label:** Condition of mouth and teeth

**Type:** Categorical

**Usage Notes:** none

**Categories:** Health Care: Dental

Values	
1	Poor
2	Fair
3	Good
4	Very good
5	Excellent

**F145 Mouth feel dry when eat**

Does your mouth feel dry when you eat a meal?

**Variable #** 31

**Sas Name:** DRYMOUTH\_5

**Sas Label:** Mouth feel dry when eat

**Type:** Categorical

**Usage Notes:** none

**Categories:** Health Care: Dental

Values	
0	No
1	Yes

**F145 Limited food problems with teeth or dentures**

How often have you limited the kinds or amounts of food you eat because of problems with your teeth or dentures?

**Variable #** 32

**Sas Name:** TEETHPRB\_5

**Sas Label:** Limited food/problems teeth or dentures

**Type:** Categorical

**Usage Notes:** none

**Categories:** Health Care: Dental

Values	
0	Never
1	Seldom
2	Sometimes
3	Often
4	Always

**F145 Routine dental check-ups**

During the past 3 years, how often have you gone to the dentist or dental hygienist for routine check-ups or cleanings?

**Variable #** 33**Usage Notes:** none**Sas Name:** VISITDNT\_5**Categories:** Health Care: Dental**Sas Label:** Routine dental check-ups**Type:** Categorical**Values**

0	I have not gone in past three years
1	2 or more times per year
2	Once per year
3	Less than once per year
4	Whenever needed

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**F145 Periodontal or gum disease**

Has a dentist or dental hygienist ever told you that you had periodontal or gum disease?

**Variable #** 34**Usage Notes:** none**Sas Name:** GUMDIS\_5**Categories:** Health Care: Dental**Sas Label:** Periodontal or gum disease**Type:** Categorical**Values**

0	No
1	Yes

---

**F145 Lost all permanent teeth**

Have you lost ALL of your permanent teeth, both upper and lower?

**Variable #** 35**Usage Notes:** none**Sas Name:** NOTEETH\_5**Categories:** Health Care: Dental**Sas Label:** Lost all permanent teeth**Type:** Categorical**Values**

0	No
1	Yes

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**F145 Natural hormones in past year**

In the past year, did you use any natural hormones that you can get without a doctor's prescription? These are usually made from plants and often obtained from health food stores or by mail order. They may be in the form of a pill, vaginal cream or suppository, or skin cream.

**Variable #** 36**Usage Notes:** none**Sas Name:** NATHOR\_5**Categories:** Medical History: Reproductive  
Reproductive: Hormones**Sas Label:** Natural hormones in past year**Type:** Categorical**Values**

0	No
1	Yes
9	Don't know

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**F145 Natural/wild yam or prog cream**

Wild yam or progesterone creams

**Variable #** 37**Sas Name:** YAMCRM\_5**Sas Label:** Natural/wild yam or prog cream**Type:** Categorical**Usage Notes:** Sub-question of F145 V1 Q17 "Natural hormones in past year".**Categories:** Medical History: Reproductive  
Reproductive: Hormones**Values**

0 No

1 Yes

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**F145 Natural/wild yam pills**

Wild yam pills

**Variable #** 38**Sas Name:** YAMPLS\_5**Sas Label:** Natural/wild yam pills**Type:** Categorical**Usage Notes:** Sub-question of F145 V1 Q17 "Natural hormones in past year".**Categories:** Medical History: Reproductive  
Reproductive: Hormones**Values**

0 No

1 Yes

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**F145 Natural/Progest suppositories**

Progesterone suppositories

**Variable #** 39**Sas Name:** PRGSUP\_5**Sas Label:** Natural/Progest suppositories**Type:** Categorical**Usage Notes:** Sub-question of F145 V1 Q17 "Natural hormones in past year".**Categories:** Medical History: Reproductive  
Reproductive: Hormones**Values**

0 No

1 Yes

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**F145 Natural/DHEA pills**

DHEA (dehydroepiandrosterone pills)

**Variable #** 40**Sas Name:** DHEAPL\_5**Sas Label:** Natural/DHEA pills**Type:** Categorical**Usage Notes:** Sub-question of F145 V1 Q17 "Natural hormones in past year".**Categories:** Medical History: Reproductive  
Reproductive: Hormones**Values**

0 No

1 Yes

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**F145 Natural/Phytoestrogen pills**

Phytoestrogen pills (soy or flax)

<b>Variable #</b>	41	<b>Usage Notes:</b>	Sub-question of F145 V1 Q17 "Natural hormones in past year".
<b>Sas Name:</b>	PHYPLS_5	<b>Categories:</b>	Medical History: Reproductive Reproductive: Hormones
<b>Sas Label:</b>	Natural/Phytoestrogen pills		
<b>Type:</b>	Categorical		
<b>Values</b>			
0	No		
1	Yes		

**F145 Natural/Phytoestrogen creams**

Phytoestrogen creams (soy or flax)

<b>Variable #</b>	42	<b>Usage Notes:</b>	Sub-question of F145 V1 Q17 "Natural hormones in past year".
<b>Sas Name:</b>	PHYCRM_5	<b>Categories:</b>	Medical History: Reproductive Reproductive: Hormones
<b>Sas Label:</b>	Natural/Phytoestrogen creams		
<b>Type:</b>	Categorical		
<b>Values</b>			
0	No		
1	Yes		

**F145 Natural/Phytoestrogen foods**

Phytoestrogen containing foods (tofu, soybeans)

<b>Variable #</b>	43	<b>Usage Notes:</b>	Sub-question of F145 V1 Q17 "Natural hormones in past year".
<b>Sas Name:</b>	PHYFDS_5	<b>Categories:</b>	Medical History: Reproductive Reproductive: Hormones
<b>Sas Label:</b>	Natural/Phytoestrogen foods		
<b>Type:</b>	Categorical		
<b>Values</b>			
0	No		
1	Yes		

**F145 Natural/Other**

Other

<b>Variable #</b>	44	<b>Usage Notes:</b>	Sub-question of F145 V1 Q17 "Natural hormones in past year".
<b>Sas Name:</b>	NTOTHR_5	<b>Categories:</b>	Medical History: Reproductive Reproductive: Hormones
<b>Sas Label:</b>	Natural/Other		
<b>Type:</b>	Categorical		
<b>Values</b>			
0	No		
1	Yes		



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## F145 Natural/Don't know

Don't know

Variable # 45

Sas Name: NTDNTK\_5

Sas Label: Natural/Don't know

Type: Categorical

Usage Notes: Sub-question of F145 V1 Q17 "Natural hormones in past year".

Categories: Medical History: Reproductive  
Reproductive: Hormones

## Values

0	No
1	Yes

## F145 Used female hormones/past year

In the past year, did you use female hormones (ESTROGEN or PROGESTERONE) that were prescribed by a doctor? (This may have been in the form of a pill, skin patch, shot, or vaginal cream or suppository.)

Variable # 46

Sas Name: HRPST1YR\_5

Sas Label: Used female hormones/past year

Type: Categorical

Usage Notes: none

Categories: Medical History: Medications  
Medical History: Reproductive  
Reproductive: Hormones

## Values

0	No
1	Yes
9	Don't know

## F145 Combined estr/progest pills

In the past year, did you use female hormone PILLS prescribed by a doctor which contained both ESTROGEN and progestin (PROGESTERONE) COMBINED in the same pill or package (for example, Prempro, Premphase)? (Do not include use of two separate estrogen and progestin pills used at the same time.)

Variable # 47

Sas Name: EPPL\_5

Sas Label: Combined estr/progest pills

Type: Categorical

Usage Notes: Sub-question of F145 V1 Q18 "Used female hormones/past year".

Categories: Medical History: Medications  
Medical History: Reproductive  
Reproductive: Hormones

## Values

0	No
1	Yes
9	Don't know

## F145 Months used estr/progest pills

In the past year, how many months did you use COMBINED female hormone PILLS which contained both ESTROGEN and PROGESTIN?

Variable # 48

Sas Name: EPDUR\_5

Sas Label: Months used estr/progest pills

Type: Categorical

Usage Notes: Sub-question of F145 V1 Q18 "Used female hormones/past year".  
Sub-question of F145 V1 Q19 "Combined estr/progest pills".Categories: Medical History: Medications  
Medical History: Reproductive  
Reproductive: Hormones

## Values

1	Less than 1 month
2	1-6 months
3	7-10 months
4	11-12 months

**F145 Combined estr/testost pills**

In the past year, did you use female hormone PILLS prescribed by a doctor which contained both ESTROGEN and TESTOSTERONE COMBINED in the same pill (for example, Estratest)?

**Variable #** 49**Sas Name:** ETPL\_5**Sas Label:** Combined estr/testost pills**Type:** Categorical**Usage Notes:** Sub-question of F145 V1 Q18 "Used female hormones/past year".**Categories:** Medical History: Medications  
Medical History: Reproductive  
Reproductive: Hormones**Values**

0	No
1	Yes
9	Don't know

**F145 Months used estr/testost pills**

In the past year, how many months did you use COMBINED female hormone PILLS which contained both ESTROGEN and TESTOSTERONE?

**Variable #** 50**Sas Name:** ETDUR\_5**Sas Label:** Months used estr/testost pills**Type:** Categorical**Usage Notes:** Sub-question of F145 V1 Q18 "Used female hormones/past year".  
Sub-question of F145 V1 Q20 "Combined estr/testost pills".**Categories:** Medical History: Medications  
Medical History: Reproductive  
Reproductive: Hormones**Values**

1	Less than 1 month
2	1-6 months
3	7-10 months
4	11-12 months

**F145 Estr/testost pill used longest**

In the past year, what type of COMBINED ESTROGEN and TESTOSTERONE pill did you use the longest?

**Variable #** 51**Sas Name:** ETTYPE\_5**Sas Label:** Estr/testost pill used longest**Type:** Categorical**Usage Notes:** Sub-question of F145 V1 Q18 "Used female hormones/past year".  
Sub-question of F145 V1 Q20 "Combined estr/testost pills".**Categories:** Medical History: Medications  
Medical History: Reproductive  
Reproductive: Hormones**Values**

1	Estratest
2	Estratest HS
8	Other

**F145 Used estrogen pills**

In the past year, did you use ESTROGEN PILLS which were prescribed by a doctor (for example, Premarin, Estrace, Ogen)? (Do not include the combined pill of estrogen progestin or the combined pill of estrogen and testosterone.)

**Variable #** 52**Sas Name:** EPL\_5**Sas Label:** Used estrogen pills**Type:** Categorical**Usage Notes:** Sub-question of F145 V1 Q18 "Used female hormones/past year".**Categories:** Medical History: Medications  
Medical History: Reproductive  
Reproductive: Hormones**Values**

0	No
1	Yes
9	Don't know

**F145 Months used estrogen pills**

In the past year, how many months did you use ESTROGEN PILLS?

**Variable #** 53**Sas Name:** EPLDUR\_5**Sas Label:** Months used estrogen pills**Type:** Categorical**Usage Notes:** Sub-question of F145 V1 Q18 "Used female hormones/past year".  
Sub-question of F145 V1 Q21 "Used estrogen pills".**Categories:** Medical History: Medications  
Medical History: Reproductive  
Reproductive: Hormones**Values**

1	Less than 1 month
2	1-6 months
3	7-10 months
4	11-12 months

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**F145 Estrogen pills days per month**

In the past year, when you were using ESTROGEN pills, what was the average number of days each month you used the pills?

**Variable #** 54**Sas Name:** EPLDAYS\_5**Sas Label:** Estrogen pills days per month**Type:** Categorical**Usage Notes:** Sub-question of F145 V1 Q18 "Used female hormones/past year".  
Sub-question of F145 V1 Q21 "Used estrogen pills".**Categories:** Medical History: Medications  
Medical History: Reproductive  
Reproductive: Hormones**Values**

0	Less than 1 day
1	1-7 days
2	8-14 days
3	15-21 days
4	22-27 days
5	28 or more days

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**F145 Estrogen pills used longest**

In the past year, what type of ESTROGEN pills did you use the longest?

**Variable #** 55**Sas Name:** EPLTYPE\_5**Sas Label:** Estrogen pills used longest**Type:** Categorical**Usage Notes:** Sub-question of F145 V1 Q18 "Used female hormones/past year".  
Sub-question of F145 V1 Q21 "Used estrogen pills".**Categories:** Medical History: Medications  
Medical History: Reproductive  
Reproductive: Hormones**Values**

1	Premarin or conjugated equine estrogens
2	Estrace
3	Ogen
8	Other
9	Don't know

---





## Form 145 - OS Questionnaire Year 5

Data File: f145\_av5\_os\_pub

File Date: 08/01/2007

Structure: One row per participant

Population: OS participants

**F145 Estrogen pill dose per day**

What dose did you usually take each day? (Mark one. If you regularly take more than one dose, mark the lowest dose.)

**Variable #** 56**Sas Name:** EPLDOSE\_5**Sas Label:** Estrogen pill dose per day**Type:** Categorical**Usage Notes:** Sub-question of F145 V1 Q18 "Used female hormones/past year".

Sub-question of F145 V1 Q21 "Used estrogen pills".

**Categories:** Medical History: Medications  
Medical History: Reproductive  
Reproductive: Hormones**Values**

1	0.3 mg
2	0.625 mg
3	0.9 mg
4	1 mg
5	1.25 mg
6	2 mg
7	2.5 mg
8	Other
9	Don't know

**F145 Took estrogen shots**

In the past year, did you take shots containing the hormone ESTROGEN?

**Variable #** 57**Sas Name:** ESHT\_5**Sas Label:** Took estrogen shots**Type:** Categorical**Usage Notes:** Sub-question of F145 V1 Q18 "Used female hormones/past year".**Categories:** Medical History: Medications  
Medical History: Reproductive  
Reproductive: Hormones**Values**

0	No
1	Yes
9	Don't know

**F145 Months took estrogen shots**

In the past year, how many months did you take the shots? (Count each shot as one month.)

**Variable #** 58**Sas Name:** ESHTDUR\_5**Sas Label:** Months took estrogen shots**Type:** Categorical**Usage Notes:** Sub-question of F145 V1 Q18 "Used female hormones/past year".

Sub-question of F145 V1 Q22 "Took estrogen shots".

**Categories:** Medical History: Medications  
Medical History: Reproductive  
Reproductive: Hormones**Values**

1	Less than 1 month
2	1-6 months
3	7-10 months
4	11-12 months



WHI Follow-Up Dataset  
**Form 145 - OS Questionnaire Year 5**

**Data File:** f145\_av5\_os\_pub      **File Date:** 08/01/2007      **Structure:** One row per participant      **Population:** OS participants

**F145 Used estrogen vaginally**

In the past year, did you use a vaginal cream or suppository containing ESTROGEN which was prescribed by a doctor?

<b>Variable #</b>	59	<b>Usage Notes:</b>	Sub-question of F145 V1 Q18 "Used female hormones/past year".
<b>Sas Name:</b>	ECRM_5	<b>Categories:</b>	Medical History: Medications Medical History: Reproductive Reproductive: Hormones
<b>Sas Label:</b>	Used estrogen vaginally		
<b>Type:</b>	Categorical		
<b>Values</b>			
0	No		
1	Yes		
9	Don't know		

**F145 Months used vaginal estrogen**

In the past year, how many months did you use the vaginal cream or suppository?

<b>Variable #</b>	60	<b>Usage Notes:</b>	Sub-question of F145 V1 Q18 "Used female hormones/past year". Sub-question of F145 V1 Q23 "Used estrogen vaginally".
<b>Sas Name:</b>	ECRMDUR_5	<b>Categories:</b>	Medical History: Medications Medical History: Reproductive Reproductive: Hormones
<b>Sas Label:</b>	Months used vaginal estrogen		
<b>Type:</b>	Categorical		
<b>Values</b>			
1	Less than 1 month		
2	1-6 months		
3	7-10 months		
4	11-12 months		

**F145 Used estrogen skin patch**

In the past year, did you use a SKIN PATCH containing the hormone ESTROGEN with or without PROGESTOERONE (for example, Estraderm, Climara, Vivelle)?

<b>Variable #</b>	61	<b>Usage Notes:</b>	Sub-question of F145 V1 Q18 "Used female hormones/past year". On forms 146-148 this variable reflects non-combination estrogen use only.
<b>Sas Name:</b>	EPCH_5	<b>Categories:</b>	Medical History: Medications Medical History: Reproductive Reproductive: Hormones
<b>Sas Label:</b>	Used estrogen skin patch		
<b>Type:</b>	Categorical		
<b>Values</b>			
0	No		
1	Yes		
9	Don't know		



WHI Follow-Up Dataset  
**Form 145 - OS Questionnaire Year 5**

**Data File:** f145\_av5\_os\_pub      **File Date:** 08/01/2007      **Structure:** One row per participant      **Population:** OS participants

**F145 Months used skin patch**

In the past year, how many months did you use the patch?

**Variable #** 62  
**Sas Name:** EPCHDUR\_5  
**Sas Label:** Months used skin patch  
**Type:** Categorical

**Usage Notes:** Sub-question of F145 V1 Q18 "Used female hormones/past year".  
Sub-question of F145 V1 Q24 "Used estrogen skin patch".  
**Categories:** Medical History: Medications  
Medical History: Reproductive  
Reproductive: Hormones

**Values**

1	Less than 1 month
2	1-6 months
3	7-10 months
4	11-12 months

**F145 Skin patch used longest**

In the past year, what type of patch did you use the longest?

**Variable #** 63  
**Sas Name:** EPCHTYPE\_5  
**Sas Label:** Skin patch used longest  
**Type:** Categorical

**Usage Notes:** Sub-question of F145 V1 Q18 "Used female hormones/past year".  
Sub-question of F145 V1 Q24 "Used estrogen skin patch".  
**Categories:** Medical History: Medications  
Medical History: Reproductive  
Reproductive: Hormones

**Values**

1	Estrogen
2	Estrogen plus progesterone
8	Other
9	Don't know

**F145 Skin patch dose**

What dose of ESTROGEN was in the skin patch you usually used?

**Variable #** 64  
**Sas Name:** EPCHDOSE\_5  
**Sas Label:** Skin patch dose  
**Type:** Categorical

**Usage Notes:** Sub-question of F145 V1 Q18 "Used female hormones/past year".  
Sub-question of F145 V1 Q24 "Used estrogen skin patch".  
**Categories:** Medical History: Medications  
Medical History: Reproductive  
Reproductive: Hormones

**Values**

1	0.05 mg
2	0.1 mg
8	Other
9	Don't know



## Form 145 - OS Questionnaire Year 5

Data File: f145\_av5\_os\_pub

File Date: 08/01/2007

Structure: One row per participant

Population: OS participants

**F145 Skin patch changed per week**

What was the average number of times each week that you changed your skin patch?

**Variable #** 65**Sas Name:** EPCHCHNG\_5**Sas Label:** Skin patch changed per week**Type:** Categorical**Usage Notes:** Sub-question of F145 V1 Q18 "Used female hormones/past year".  
Sub-question of F145 V1 Q24 "Used estrogen skin patch".**Categories:** Medical History: Medications  
Medical History: Reproductive  
Reproductive: Hormones**Values**

1	Less than once each week
2	1-2 times each week
3	3-4 times each week
4	5 or more times each week

**F145 Used progesterone pills**

In the past year, did you use the female hormone PILL called PROGESTERONE or progestin (for example, Provera, Cycrin, Aman, Megace)? (Do not included the combined pill of estrogen and progestin.)

**Variable #** 66**Sas Name:** PPL\_5**Sas Label:** Used progesterone pills**Type:** Categorical**Usage Notes:** Sub-question of F145 V1 Q18 "Used female hormones/past year".**Categories:** Medical History: Medications  
Medical History: Reproductive  
Reproductive: Hormones**Values**

0	No
1	Yes
9	Don't know

**F145 Months used progest pills**

In the past year, how many months did you use PROGESTERONE or progestin pills?

**Variable #** 67**Sas Name:** PPLDUR\_5**Sas Label:** Months used progest pills**Type:** Categorical**Usage Notes:** Sub-question of F145 V1 Q18 "Used female hormones/past year".  
Sub-question of F145 V1 Q25 "Used progesterone pills".**Categories:** Medical History: Medications  
Medical History: Reproductive  
Reproductive: Hormones**Values**

1	Less than 1 month
2	1-6 months
3	7-10 months
4	11-12 months



## Form 145 - OS Questionnaire Year 5

Data File: f145\_av5\_os\_pub

File Date: 08/01/2007

Structure: One row per participant

Population: OS participants

**F145 Progest pills days per month**

In the past year, when you were using PROGESTERONE or progestin pills, what was the average number of days each month you used the pills?

**Variable #** 68**Sas Name:** PPLDAY\_5**Sas Label:** Progest pills days per month**Type:** Categorical**Usage Notes:** Sub-question of F145 V1 Q18 "Used female hormones/past year".  
Sub-question of F145 V1 Q25 "Used progesterone pills".**Categories:** Medical History: Medications  
Medical History: Reproductive  
Reproductive: Hormones**Values**

1	Less than 1 day
2	1-9 days
3	10-12 days
4	13-18 days
5	19-27 days
6	28 or more days

**F145 Progest pills used longest**

In the past year, what type of PROGESTERONE or progestin pills did you use the longest?

**Variable #** 69**Sas Name:** PPLTYPE\_5**Sas Label:** Progest pills used longest**Type:** Categorical**Usage Notes:** Sub-question of F145 V1 Q18 "Used female hormones/past year".  
Sub-question of F145 V1 Q25 "Used progesterone pills".**Categories:** Medical History: Medications  
Medical History: Reproductive  
Reproductive: Hormones**Values**

1	Provera, Cycrin, Amen
2	Megace
3	Micronized progesterone
8	Other
9	Don't know

**F145 Progest pill dose per day**

What dose did you usually take each day? (Mark one. If you regularly take more than one dose, mark the lowest dose).

**Variable #** 70**Sas Name:** PPLDOSE\_5**Sas Label:** Progest pill dose per day**Type:** Categorical**Usage Notes:** Sub-question of F145 V1 Q18 "Used female hormones/past year".  
Sub-question of F145 V1 Q25 "Used progesterone pills".**Categories:** Medical History: Medications  
Medical History: Reproductive  
Reproductive: Hormones**Values**

1	2.5 mg
2	5 mg
3	7.5 mg
4	10 mg
5	20 mg
6	40 mg
7	More than 40 mg
8	Other
9	Don't know



WHI Follow-Up Dataset  
**Form 145 - OS Questionnaire Year 5**

**Data File:** f145\_av5\_os\_pub      **File Date:** 08/01/2007      **Structure:** One row per participant      **Population:** OS participants

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**F145 Cataract(s)**

Cataracts(s)

**Variable #** 71

**Sas Name:** CATARACT\_5

**Sas Label:** Cataract(s)

**Type:** Categorical

**Usage Notes:** none

**Categories:** Medical History: Other Disease/Condition

**Values**

0	No
1	Yes

**F145 Macular degeneration of retina**

Macular degeneration of the retina

**Variable #** 72

**Sas Name:** MACDEGNR\_5

**Sas Label:** Macular degeneration of retina

**Type:** Categorical

**Usage Notes:** none

**Categories:** Medical History: Other Disease/Condition

**Values**

0	No
1	Yes

**F145 Asthma**

Asthma

**Variable #** 73

**Sas Name:** ASTHMA\_5

**Sas Label:** Asthma

**Type:** Categorical

**Usage Notes:** none

**Categories:** Medical History: Other Disease/Condition

**Values**

0	No
1	Yes

**F145 Emphysema / chronic bronchitis**

Emphysema or chronic bronchitis

**Variable #** 74

**Sas Name:** EMPHYSEM\_5

**Sas Label:** Emphysema / chronic bronchitis

**Type:** Categorical

**Usage Notes:** none

**Categories:** Medical History: Other Disease/Condition

**Values**

0	No
1	Yes



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**Form 145 - OS Questionnaire Year 5**

**Data File:** f145\_av5\_os\_pub      **File Date:** 08/01/2007      **Structure:** One row per participant      **Population:** OS participants

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**F145 Heart failure**

Heart failure or congestive heart failure

<b>Variable #</b>	75	<b>Usage Notes:</b>	none
<b>Sas Name:</b>	CHF_5	<b>Categories:</b>	Medical History: Cardiovascular
<b>Sas Label:</b>	Heart failure		
<b>Type:</b>	Categorical		
<b>Values</b>			
0	No		
1	Yes		

**F145 Angina**

Angina (chest pains from the heart)

<b>Variable #</b>	76	<b>Usage Notes:</b>	none
<b>Sas Name:</b>	ANGINA_5	<b>Categories:</b>	Medical History: Cardiovascular
<b>Sas Label:</b>	Angina		
<b>Type:</b>	Categorical		
<b>Values</b>			
0	No		
1	Yes		

**F145 Atrial fibrillation**

Atrial fibrillation

<b>Variable #</b>	77	<b>Usage Notes:</b>	none
<b>Sas Name:</b>	ATRIALFB_5	<b>Categories:</b>	Medical History: Cardiovascular
<b>Sas Label:</b>	Atrial fibrillation		
<b>Type:</b>	Categorical		
<b>Values</b>			
0	No		
1	Yes		

**F145 Kidney or bladder stones**

Kidney or bladder stones (renal or urinary calculi)

<b>Variable #</b>	78	<b>Usage Notes:</b>	none
<b>Sas Name:</b>	KIDNEYST_5	<b>Categories:</b>	Medical History: Other Disease/Condition
<b>Sas Label:</b>	Kidney or bladder stones		
<b>Type:</b>	Categorical		
<b>Values</b>			
0	No		
1	Yes		



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**Data File:** f145\_av5\_os\_pub      **File Date:** 08/01/2007      **Structure:** One row per participant      **Population:** OS participants

**F145 Dialysis for kidney failure**

Dialysis for kidney or renal failure

<b>Variable #</b>	79	<b>Usage Notes:</b>	none
<b>Sas Name:</b>	KIDDIALY_5	<b>Categories:</b>	Medical History: Other Disease/Condition
<b>Sas Label:</b>	Dialysis for kidney failure		
<b>Type:</b>	Categorical		
<b>Values</b>			
0	No		
1	Yes		

**F145 Stomach or duodenal ulcer**

Stomach or duodenal ulcer

<b>Variable #</b>	80	<b>Usage Notes:</b>	none
<b>Sas Name:</b>	STOMULCR_5	<b>Categories:</b>	Medical History: Other Disease/Condition
<b>Sas Label:</b>	Stomach or duodenal ulcer		
<b>Type:</b>	Categorical		
<b>Values</b>			
0	No		
1	Yes		

**F145 Diverticulitis**

Diverticulitis

<b>Variable #</b>	81	<b>Usage Notes:</b>	none
<b>Sas Name:</b>	DIVERTIC_5	<b>Categories:</b>	Medical History: Other Disease/Condition
<b>Sas Label:</b>	Diverticulitis		
<b>Type:</b>	Categorical		
<b>Values</b>			
0	No		
1	Yes		

**F145 Pancreatitis**

Pancreatitis (inflamed pancreas)

<b>Variable #</b>	82	<b>Usage Notes:</b>	none
<b>Sas Name:</b>	PANCREAT_5	<b>Categories:</b>	Medical History: Other Disease/Condition
<b>Sas Label:</b>	Pancreatitis		
<b>Type:</b>	Categorical		
<b>Values</b>			
0	No		
1	Yes		





WHI Follow-Up Dataset  
**Form 145 - OS Questionnaire Year 5**

**Data File:** f145\_av5\_os\_pub      **File Date:** 08/01/2007      **Structure:** One row per participant      **Population:** OS participants

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**F145 Liver disease**

Liver disease (chronic active hepatitis, cirrhosis, or yellow jaundice)

<b>Variable #</b>	83	<b>Usage Notes:</b>	none
<b>Sas Name:</b>	LIVRDIS_5	<b>Categories:</b>	Medical History: Other Disease/Condition
<b>Sas Label:</b>	Liver disease		
<b>Type:</b>	Categorical		
<b>Values</b>			
0	No		
1	Yes		

---

**F145 Overactive thyroid**

Overactive thyroid

<b>Variable #</b>	84	<b>Usage Notes:</b>	none
<b>Sas Name:</b>	OVRTHY_5	<b>Categories:</b>	Medical History: Thyroid
<b>Sas Label:</b>	Overactive thyroid		
<b>Type:</b>	Categorical		
<b>Values</b>			
0	No		
1	Yes		

---

**F145 Underactive thyroid**

Underactive thyroid

<b>Variable #</b>	85	<b>Usage Notes:</b>	none
<b>Sas Name:</b>	UNDTHY_5	<b>Categories:</b>	Medical History: Thyroid
<b>Sas Label:</b>	Underactive thyroid		
<b>Type:</b>	Categorical		
<b>Values</b>			
0	No		
1	Yes		

---

**F145 Alzheimer's disease**

Alzheimer's disease

<b>Variable #</b>	86	<b>Usage Notes:</b>	none
<b>Sas Name:</b>	ALZHEIM_5	<b>Categories:</b>	Medical History: Other Disease/Condition
<b>Sas Label:</b>	Alzheimer's disease		
<b>Type:</b>	Categorical		
<b>Values</b>			
0	No		
1	Yes		

---



WHI Follow-Up Dataset  
**Form 145 - OS Questionnaire Year 5**

**Data File:** f145\_av5\_os\_pub      **File Date:** 08/01/2007      **Structure:** One row per participant      **Population:** OS participants

**F145 Multiple sclerosis**

Multiple sclerosis

<b>Variable #</b>	87	<b>Usage Notes:</b>	none
<b>Sas Name:</b>	MS_5	<b>Categories:</b>	Medical History: Other Disease/Condition
<b>Sas Label:</b>	Multiple sclerosis		
<b>Type:</b>	Categorical		
<b>Values</b>			
0	No		
1	Yes		

**F145 Parkinson's disease**

Parkinson's disease

<b>Variable #</b>	88	<b>Usage Notes:</b>	none
<b>Sas Name:</b>	PARKINS_5	<b>Categories:</b>	Medical History: Other Disease/Condition
<b>Sas Label:</b>	Parkinson's disease		
<b>Type:</b>	Categorical		
<b>Values</b>			
0	No		
1	Yes		

**F145 ALS/Lou Gehrig's disease**

Amyotropic Lateral Sclerosis (ALS, motor neuron disease, or Lou Gehrig's disease)

<b>Variable #</b>	89	<b>Usage Notes:</b>	none
<b>Sas Name:</b>	ALS_5	<b>Categories:</b>	Medical History: Other Disease/Condition
<b>Sas Label:</b>	ALS/Lou Gehrig's disease		
<b>Type:</b>	Categorical		
<b>Values</b>			
0	No		
1	Yes		

**F145 Current marital status**

What is your current marital status? (Mark the one that best describes you.)

<b>Variable #</b>	90	<b>Usage Notes:</b>	none
<b>Sas Name:</b>	MARITAL_5	<b>Categories:</b>	Demographic
<b>Sas Label:</b>	Current marital status		
<b>Type:</b>	Categorical		
<b>Values</b>			
1	Never married		
2	Divorced or separated		
3	Widowed		
4	Presently married		
5	Living in a marriage-like relationship		

**Recreational phys activity per week**

Computed from Form 145, questions 6, 7.1, 7.3, and 7.5. Total number of episodes per week of recreational physical activity (includes walking, mild, moderate and strenuous physical activity).

**Variable #** 91**Usage Notes:** none**Sas Name:** TEPIWK\_5**Sas Label:** Recreational phys activity per week**Categories:** Computed Variables  
Physical Activity**Type:** Continuous

---

**Recr. phys activity per week >= 20 Min**

Computed from Form 145, questions 6, 6.1, 7.1, 7.2, 7.3, 7.4, 7.5 and 7.6. Episodes per week of recreational physical activity of >=20 minutes duration (includes walking, mild, moderate and strenuous physical activity).

**Variable #** 92**Usage Notes:** none**Sas Name:** LEPIOTOT\_5**Sas Label:** Recr. phys activity per week >= 20 Min**Categories:** Computed Variables  
Physical Activity**Type:** Continuous

---

**Mod. to strenuous phys activity per week**

Computed from Form 145, questions 6.2, 7.1, and 7.3. Episodes per week of moderate and strenuous recreational physical activity (includes walking fairly fast or very fast, moderate physical activity and strenuous physical activity).

**Variable #** 93**Usage Notes:** none**Sas Name:** MSEPIWK\_5**Sas Label:** Mod. to strenuous phys activity per week**Categories:** Computed Variables  
Physical Activity**Type:** Continuous

---

**Mod-stren activity > 20 min/week**

Computed from Form 145, questions 6, 6.1, 6.2, 7.1, 7.2, 7.3 and 7.4. Episodes per week of moderate and strenuous recreational physical activity of >=20 minutes duration (includes walking fairly fast or very fast, moderate physical activity and strenuous physical activity).

**Variable #** 94**Usage Notes:** none**Sas Name:** XLMSEPI\_5**Sas Label:** Mod-stren activity > 20 min/week**Categories:** Computed Variables  
Physical Activity**Type:** Continuous

---

**Mod-stren activity >20 min/week (categ)**

Computed from Form 145, questions 6, 6.1, 6.2, 7.1, 7.2, 7.3, and 7.4. Categorical variable of episodes per week of moderate and strenuous recreational physical activity of >= 20 minutes duration (includes walking fairly fast or very fast, moderate physical activity and strenuous physical activity). Computed from XLMSEPI and TEPIWK.

**Variable #** 95**Usage Notes:** none**Sas Name:** LMSEPI\_5**Sas Label:** Mod-stren activity >20 min/week (categ)**Categories:** Computed Variables  
Physical Activity**Type:** Categorical**Values**

1	No activity
2	Some activity of limited duration
3	2 to <4 episodes per week
4	4 episodes per week

---

**Strenuous activity episodes per week**

Computed from Form 145, question 7.1. Episodes per week of strenuous recreational physical activity.

**Variable #** 96**Usage Notes:** none**Sas Name:** SEPIWK\_5**Sas Label:** Strenuous activity episodes per week**Categories:** Computed Variables  
Physical Activity**Type:** Categorical**Values**

0	0
1	1
2	2
3	3
4	4
6	5 or more

---

**Minutes of recr. phys activity per week**

Computed from Form 145, questions 6, 6.1, 7.1, 7.2, 7.3, 7.4, 7.5, and 7.6. Total minutes per week of recreational physical activity (includes walking, mild, moderate and strenuous physical activity).

**Variable #** 97**Usage Notes:** none**Sas Name:** TMINWK\_5**Sas Label:** Minutes of recr. phys activity per week**Categories:** Computed Variables  
Physical Activity**Type:** Continuous

---

**Minutes of mod-stren activity per week**

Computed from Form 145, questions 6, 6.2, 7.1, and 7.3. Minutes per week of moderate and strenuous recreational physical activity (includes walking fairly fast or very fast, moderate physical activity and strenuous physical activity).

**Variable #** 98**Usage Notes:** none**Sas Name:** MSMINWK\_5**Sas Label:** Minutes of mod-stren activity per week**Categories:** Computed Variables  
Physical Activity**Type:** Continuous

---

**Minutes of stren. phys activity per week**

Computed from Form 145, questions 7.1 and 7.2. Minutes per week of strenuous recreational physical activity.

**Variable #** 99**Usage Notes:** none**Sas Name:** SMINWK\_5**Sas Label:** Minutes of stren. phys activity per week**Categories:** Computed Variables  
Physical Activity**Type:** Continuous

---

**Total MET-hours per week**

Computed from Form 145, questions 6, 6.1, 6.2, 7.1, 7.2, 7.3, 7.4, 7.5, and 7.6. Total MET-hours per week. Expenditure of energy from recreational physical activity (includes walking, mild, moderate and strenuous physical activity in kcal/week/kg).

**Variable #** 100**Usage Notes:** none**Sas Name:** TEXPWK\_5**Sas Label:** Total MET-hours per week**Categories:** Computed Variables  
Physical Activity**Type:** Continuous

---

**MET-hours per week from walking**

Computed from Form 145, questions 6, 6.1, and 6.2. Expenditure of energy from physical activity from walking in kcal/week/kg (MET-hours per week).

**Variable #** 101**Usage Notes:** none**Sas Name:** WALKEXP\_5**Sas Label:** MET-hours per week from walking**Categories:** Computed Variables  
Physical Activity**Type:** Continuous

---

**Energy expend from avg walking**

Computed from Form 145, questions 6, 6.1 and 6.2. Energy expenditure from average walking (2-3 mph) in MET-hours per week. If question 6.2 (speed of walking) was marked as *don't know* or was missing, the speed was assumed to be 2-3 mph.

**Variable #** 102**Usage Notes:** none**Sas Name:** AVWKEXP\_5**Sas Label:** Energy expend from avg walking**Categories:** Computed Variables  
Physical Activity**Type:** Continuous

---

**Energy expend from walking fairly fast**

Computed from Form 145, questions 6, 6.1 and 6.2. Energy expenditure from walking fairly fast (3-4 mph) in MET-hours per week.

**Variable #** 103**Usage Notes:** none**Sas Name:** FFWKEXP\_5**Sas Label:** Energy expend fr walking fairly fast**Categories:** Computed Variables  
Physical Activity**Type:** Continuous

---

**Energy expend from walking very fast**

Computed from Form 145, questions 6, 6.1, and 6.2. Energy expenditure from walking very fast (> 4 mph) in MET-hours per week.

**Variable #** 104**Usage Notes:** none**Sas Name:** VFWKEXP\_5**Sas Label:** Energy expend from walking very fast**Categories:** Computed Variables  
Physical Activity**Type:** Continuous

---

**Energy expenditure from hard exercise**

Computed from Form 145, questions 7.1 and 7.2. Energy expenditure from strenuous or very hard exercise (for example, aerobics, aerobic dancing, jogging, tennis, swimming laps) in MET-hours per week.

**Variable #** 105**Usage Notes:** none**Sas Name:** HARDEXP\_5**Sas Label:** Energy expenditure from hard exercise**Categories:** Computed Variables  
Physical Activity**Type:** Continuous

---

**Energy expenditure from mod. exercise**

Computed from Form 145, questions 7.3 and 7.4. Energy expenditure from moderate exercise (for example, biking outdoors, using an exercise machine, calisthenics, easy swimming, popular or folk dancing) in MET-hours per week.

**Variable #** 106**Usage Notes:** none**Sas Name:** MODEXP\_5**Sas Label:** Energy expend from moderate exercise**Categories:** Computed Variables  
Physical Activity**Type:** Continuous

---



WHI Follow-Up Dataset  
**Form 145 - OS Questionnaire Year 5**

**Data File:** f145\_av5\_os\_pub      **File Date:** 08/01/2007      **Structure:** One row per participant      **Population:** OS participants

**Energy expenditure from mild exercise**

Computed from Form 145, questions 7.5 and 7.6. Energy expenditure from mild exercise (for example, slow dancing, bowling, golf) in MET-hours per week.

<b>Variable #</b>	107	<b>Usage Notes:</b>	none
<b>Sas Name:</b>	MILDEXP_5	<b>Categories:</b>	Computed Variables Physical Activity
<b>Sas Label:</b>	Energy expenditure from mild exercise		
<b>Type:</b>	Continuous		

**Estrogen use last year**

<b>Variable #</b>	108	<b>Usage Notes:</b>	none
<b>Sas Name:</b>	EST_5	<b>Categories:</b>	Computed Variables Reproductive: Hormones
<b>Sas Label:</b>	Estrogen use last year		
<b>Type:</b>	Categorical		

Values	
0	No
1	Yes

**Progesterone use last year**

<b>Variable #</b>	109	<b>Usage Notes:</b>	none
<b>Sas Name:</b>	PRG_5	<b>Categories:</b>	Computed Variables Reproductive: Hormones
<b>Sas Label:</b>	Progesterone use last year		
<b>Type:</b>	Categorical		

Values	
0	No
1	Yes

**Hormone use last year (estrog. or progest.)**

<b>Variable #</b>	110	<b>Usage Notes:</b>	none
<b>Sas Name:</b>	HRT_5	<b>Categories:</b>	Computed Variables Reproductive: Hormones
<b>Sas Label:</b>	Hormone use last year (estrogen or progesterone)		
<b>Type:</b>	Categorical		

Values	
0	No
1	Yes